



# February

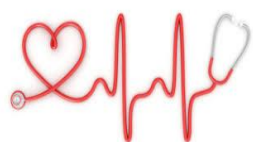


## Baked Lemon Garlic Artichoke Hearts



½ C breadcrumbs  
 ½ C grated parmesan cheese  
 2 T fresh parsley, chopped  
 ½ large lemon, zested, juiced  
 Salt and Pepper  
 ¼ C olive oil  
 4 cloves garlic, minced  
 ¼ t chili pepper flakes  
 3 – 14oz cans whole artichoke hearts *drained, rinsed + dried*

-Preheat your oven to 375  
 -In a small bowl, mix the breadcrumbs, grated cheese, parsley, lemon zest and juice, salt and pepper to taste.  
 -In a glass cup, whisk together the oil, garlic, and chili flakes.  
 -Drizzle half of the oil mixture onto the bottom of a baking dish and spread evenly. Add your artichokes to the dish add the rest of the oil onto them.  
 Sprinkle all over artichokes with the breadcrumb mixture and bake for 20 minutes or until golden brown on top. Garnish with parsley and lemon slices.



## Heart Health Month



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>First Day of Black History Month</b>	2 <b>HAPPY GROUNDHOG DAY</b> 	3	4 <b>National Cancer Day</b> 	5 High blood pressure, high cholesterol, and smoking are key risk factors for heart disease.	6	7 <b>National Wear Red Day!</b>  CITY OF TUSCALOOSA <i>Farmers Market</i>
8  <b>SUPER BOWL</b> Watching the game or commercials?	9 <b>International Epilepsy Day</b> 1 in 26 people will develop epilepsy.	10 Seizure first Aid <b>STAY</b> with the person until they are awake & alert Keep the person <b>SAFE</b> Turn the person on their <b>SIDE</b> if they are not aware.	11 <b>Heart Health Tip:</b> Adults should get 2.5 hours of moderate exercise per week.	12	13	14 CITY OF TUSCALOOSA <i>Farmers Market</i> <b>HAPPY Valentine's DAY</b>
15 <b>School Resource Officers Day</b> Thank you for keeping our schools and students safe!	16 <b>President's Day</b> What former president was a star football player in college and turned down offers to play for the Lions and Packers? -Gerald Ford the 37th president	17  <b>Chinese New Year</b> <b>Year of the Fire Horse</b>	18	19 <b>Heart Health Tip:</b> Choose healthy meals and snacks to prevent heart disease	20 <b>National Caregivers Day</b> Did you know that nearly 1 in 5 Americans are caregivers? Thank you for your strength, resilience, and heart.	21 CITY OF TUSCALOOSA <i>Farmers Market</i>
22 <b>National Engineers Week</b> Celebrating our Engineers that are dedicated to shaping the City's future! <b>National Heart Valve Disease Awareness Day</b>	23	24	25 <b>Heart Health Tip:</b> Check your blood pressure on a regular basis.	26	27	28 CITY OF TUSCALOOSA <i>Farmers Market</i>